

Quarterly Webinars through ComPsych® GuidanceResources®



March/April

Mindfulness: Being Present in Your Work and Life

- **Date:** March 9, 2022 from 1:00pm - 2:00pm
- **Description:** The idea of mindfulness or being mindful is complete engagement in the present moment. It is a state where you are not thinking, reflecting, judging or deciding, but are instead simply experiencing the things currently in your available experience. In many ways people are largely unaware of the present moment. Even when we find ourselves in a quiet moment we automatically begin to daydream about others, plan/worry about the future or ruminate about the past. We miss living in the present moment because we fail to pay attention to it. Mindfulness is about waking up to the present moment and paying attention to your experience. This training discusses mindfulness and how to incorporate its practice into your life.

GuidanceResources® Program Orientation for Employees

- **Date/Time:** April 6, 2022 from 10:00am - 11:00am
- **Description:** Learn about the Employee Assistance Program (EAP) services that ComPsych® GuidanceResources® provides. Through the EAP, you can access free confidential emotional support, online support, interactive digital tools, work-life solutions, legal guidance, financial resources, and identity theft services.

GuidanceResources® Program Orientation for Supervisors

- **Date/Time:** April 5, 2022 from 10:00am - 11:00am
- **Description:** Learn about the Employee Assistance Program (EAP) services that ComPsych® GuidanceResources® provides. Managers and supervisors can use the EAP as a free source for confidential support, expert information, and valuable resources to support their employees when they need it the most.

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